

ORIGINAL

Cover Sheet – Social Service Activity

AGENCY NAME: Survival Centers Inc. DBA Amherst Survival Center
AGENCY ADDRESS: 138 Sunderland Road, PO Box 9629, North Amherst, MA 01059
AGENCY PHONE NO: 413-549-3968 **CONTACT PERSON:** Mindy Domb
CONTACT PERSON EMAIL: domb@amherstsurvival.org
CDBG FUNDING REQUEST: \$55,000.00

1. **Project Name:** A continuation of projects presently funded with MA CDBG funds in the Amherst Survival Center's Emergency Food Pantry ("the Pantry").
2. **Project Description (1-2 sentences):** The Amherst Survival Center (ASC) is requesting \$55,000.00 to support continuation of its CDBG-funded efforts in its Food Pantry program to families and individuals. The ASC's Food Pantry programs provide access to good nutrition for low-income residents of Amherst, including children, seniors, and people experiencing homelessness. This proposal continues CDBG-funded Pantry services, specifically: 1) monthly weekend hours of operation; 2) expanded monthly distribution program (onsite and thru its Senior Mobile Nutrition Program/SMNP) at 5-6 days (15-18 meals per person per month); 3) its Kids Boost Program providing families with school-age children extra food (representing an additional 6-8 meals per school-age child) in the six months that include a scheduled school vacations ("Kids Boost"); 4) continued purchase of fresh, healthy and nutritious produce in winter and early spring; 5) staffing (Pantry Assistant) to support expanded distribution and food inventory; and 6) printing associated with information about its food and nutrition programs to increase knowledge and promote use by Amherst residents.
3. **Project Location (Street address):** 138 Sunderland Road in North Amherst.
4. **Budget Request:** \$55,000
5. **Type of Activity (check one):**
 - ☐ Family stabilization
 - ☐ Individual stabilization
 - ☐ Youth development
 - ☐ Economic self-sufficiency (adult education)
 - ☒ Food and nutrition
 - ☐ Health services
 - ☐ Emergency & preventive services: rental assistance, fuel assistance, and shelter services.
6. **National Objective:**
 - Total number of beneficiaries (individuals served): 2217
 - Total Low/Mod beneficiaries (individuals served): 2217

National Objective Description

The Food Pantry and its population-specific programs (Kids Boost, Senior Mobile Nutrition Program [SMNP], weekend access hours), its expanded allocation and personal care pantry serve residents of Amherst and twelve surrounding towns. All Pantry recipients are qualified as low/moderate income (as identified in the income guidelines outlined in the RFR). This criterion is verified annually, as we use annual income self-declaration forms (Attachment 1) with USDA guidelines and follow federal eligibility requirements, along with proof of town of residence. In the past year, we worked with the Town of Amherst to revise the self-disclosure forms to be easier for participants to complete and to reflect the new income guidelines. In calendar year 2015, nearly 52% of the Pantry's services were provided to residents of Amherst (54% of the Pantry's services were provided to Amherst households), surpassing the 51% threshold. Pantry registrant data is maintained in a designated, confidential database, with each Pantry visit and pick-up reported, special allocations recorded (for e.g. Boost, diapers, etc.), the ages and household sizes of participants verified, and each monthly distribution weighed and documented.

The Pantry's allocation system, based on points per person, continues to receive positive reviews by participants who cite the quantity of food they can access and the choice they are able to use when shopping as the strongest features of the system. Center volunteers are trained to maximize participant's benefit. The use of a Center-developed "shop sheet" helps to ensure an accurate distribution, with a point system to support the shopping experience. (Attachment 2) The allocation categories continue to directly align with the USDA "Choose My Plate" (<http://www.choosemyplate.gov/>) nutrition guidelines (i.e. protein, grains, fruits/vegetables, dairy), reinforcing recipient awareness of these guidelines and building their skills to use the guidelines while "shopping" in the pantry. By organizing the Pantry shopping experience around the USDA nutrition guidelines, the program gives participants additional exposure to nutritional information and support around applying it for their family in the Pantry and in other market experiences.

In the last 12 months, the ASC continues to experience significant numbers of people using its services: it served over 21,500 meals to low-income Amherst residents, and distributed groceries to 2,217 Amherst residents in 959 households. Overall, the ASC saw over an estimated 48,389 visits in 2016 from individuals in need of food, health care, clothing, job search support, housing case management, assistance with food stamps/SNAP, health insurance, information and referral services, and a welcoming community. According to the Pantry's database, 120 recipients (unduplicated number) have identified themselves as experiencing homelessness, with 87 (73%) of them from Amherst. Individuals experiencing homelessness receive a modified pantry allocation process that allows both greater frequency (weekly, not monthly) and an allocation that includes more prepared foods (for e.g. salads, sandwiches, etc.), reflecting the recipients' particular circumstances and lack of access to kitchen facilities.

A. Demonstrate Consistency with Community Development Strategy: This proposal is consistent with the 2017 Community Development Strategy (category 2) outlined in the RFP, specifically the Center's food and nutrition programs for low-income Amherst residents through our Food Pantry and its population-specific programs. Other Center programs that do not directly distribute food (for e.g. distribution of personal care items, diapers, clothes and household goods, free health care, job support) address food insecurity from multiple perspectives. Another priority outlined in the Community Development Strategy relates to our efforts to make information about the Center's food and nutrition services widely available through multi-lingual materials, social and electronic media, local media, and our monthly e-news.

This proposal supports the Amherst Survival Center's (ASC) Emergency Food Pantry, its Kids Boost program, its efforts to ensure access to healthy fresh produce in year-round monthly distributions, its monthly Senior Mobile Nutrition Program (SMNP) (formerly known as the Senior Mobile Pantry), and increased weekend access afforded by monthly Saturday morning houses, all of which demonstrate our commitment to the food and nutrition priority as identified in Amherst's Community Development

strategy. Also, the allocation process employed by the Pantry reinforces the organization's role in disseminating nutrition education, as the allocation more directly reflects the USDA nutrition guidelines. Throughout the year, the Pantry augments this role with quarterly health cooking classes, using Pantry ingredients, and nutrition giveaways (cookbooks, recipe distributions, etc.) to participants. In this way, the Food Pantry programs and shopping experience included in this proposal are strongly compatible with the Town's Community Development strategy.

ASC's food and nutrition programs, the Food Pantry, the Senior Mobile Nutrition Program, our community meals and daily fresh food distribution programs, as well as our free walk-in health clinic, the community (free) store, and its collection of services reserved for people experiencing homelessness (private shower, self-service laundry facilities, mailbox, computer and fax access), its philosophy, mission and strategies are all consistent with, and strive to achieve, the Town of Amherst's Master Plan's goal: "To provide excellent, cost-effective, accessible facilities, services, and programs reflecting values respectful of our community diversity, which, through collaboration, contribute to a high quality, safe, civil, healthy, and sustainable community." (p. 8.1 <http://bit.ly/1hQHVwe>) The ASC achieves this in a convenient single location, maximizing convenience, and removing barriers to services.

Its successful collaboration with other service providers improves access to services, reduces duplication of services, and is a hallmark of its approach. On a weekly basis the following services are available in the Center: information and referral, job support services, food stamp/SNAP application assistance with the Food Bank of Western Massachusetts; vouchers with the Salvation Army; housing case management with Elliott Homeless Services; health insurance assistance from Health Care for the Homeless, clothing repair workshops with expert sewers. In addition, we collaborate with the Franklin Hampshire Career Center to hold three job fairs a year, the Town of Amherst to present an annual flu immunization clinic; Community Action for (seasonal) fuel assistance, and the League of Women Voters of Amherst for voter registration sessions. These services also allow Center programs to cross-refer participants onsite for additional support. The Center's roster and schedule of these services address the Amherst Master Plan's goal to "provide community services to meet the needs of all of its residents" including "critical social support services." (p. 2.4 <http://bit.ly/1cRgxPv>)

Lastly, the ASC's development and printing of materials (in a variety of languages) publicizes its food and nutrition services, builds awareness and increases access and program utilization. With public transportation to the Center secured, we remain committed to discovering and using new strategies to create and ensure access to the Food Pantry, and the Center overall, for Amherst residents in need.

B. Agency Information: The Amherst Survival Center (ASC) celebrated its 40th anniversary this past year. Started in 1976, it is a regional resource that connects people in need with food, health care, wellness, clothing and community through volunteer efforts. We serve close to 6,000 people a year in over 48,000 visits, 68% of whom live in Amherst. The only organization of its kind in the area, the ASC offers an Emergency Food Pantry, Community Kitchen (daily breakfast bar and lunch, weekly dinner), Community (free) Store, drop-in Free Health Clinic, fresh food recovery and distribution, Job Search Support and Jobs Fairs, clothing repair workshops, weekly community partner social services, access to free computers and fax, weekly movies, monthly field trips and live music concerts, volunteer opportunities, and an extensive referral system. For people who are experiencing homelessness, the ASC makes special services available including: self-service laundry and shower facilities, private lockers, use of post office box. All of these services and programs are located under one roof so that the Center serves as the only agency in the area that provides comprehensive basic needs services in a single location, an easy one-stop support service for families and individuals in need. For families who are often burdened with needing to receive a variety of supports, securing so many programs in one location is often a great relief, improves access to services, and minimizes their duplication. Studies have shown that service integration "produces significant dividends in the form of reduced duplication and waste,

strengthened local communities, and improved client outcomes.”¹ Integration allows us to cross-refer within the Center. A patient in the health clinic can be assessed for food insecurity and referred directly to the Food Pantry and the community meal program. A Food Pantry recipient who is not receiving food stamps/SNAP can be cross-referred to the weekly SNAP assistance hosted in the Center. Follow-up is relaxed, informal, convenient and effective

The ASC’s approach begins with a broad definition of basic needs and a vision to reduce food insecurity in our community. Our definition includes not only food and clothing, but also health care, access to entitlements (such as health insurance and food stamps), and a supportive community. Part of the way we create this environment is by providing participants with opportunities to receive services and gain skills through volunteering themselves, as well as focused programming. Our community programming includes monthly field trips, live music performances, picnics, special meals. Our unique volunteer model dictates that the vast amount of services are provided by volunteers, some of whom are also program recipients.

Most services are available to any individual who comes to the Center. This “low threshold” for services has been shown to increase utilization, offer greater access to needed services, and encourage use of referrals, all of which help to produce successful outcomes and high engagement rates. Self-disclosure of need can reduce the embarrassment or stigma that may result from requests for assistance. A focused effort to remove barriers and the stigma that might undermine program use is a top priority for the ASC and a goal in its 3-year Strategic Plan. The Food Pantry is the only ASC program that requires documentation (proof of residence) in order to access its services, as it is open to residents of 13 towns, in addition to self-declaration forms that include income eligibility information.

The ASC has a strong history of meeting all reporting requirements and complying with all funding guidelines. As a successful and effective member agency of the Food Bank of Western Massachusetts (FBWMA) network, the ASC has complied with all appropriate local, state, and federal standards of operation. Since relocating to its new building in December 2012, the ASC has maximized space with an eye to including more services and expanding its food and nutrition offerings. The new building is welcoming, and also increases the organization’s capacity to meet the growing nutritional needs of Amherst residents.

Over the past several years, the ASC has developed, implemented and evaluated several new programs that have since become part of the roster of programs regularly offered. The Food Pantry, in particular, has implemented several innovative programs, some with past CDBG support. These include:

- a personal care pantry,
- a children’s diaper distribution (1,106 allocations November 2015-November 2016),
- the Kids Boost (extra food for school children in months with school vacations),
- a new allocation system,
- a modified allocation for people experiencing homelessness (allowing for greater frequency and more prepared foods),
- guaranteed fresh produce all year, and
- Project HungerRX (a community outreach program to local medical providers to support them to assess their patients for food insecurity and refer them to the pantry).
- The Center’s relatively new job search assistance (includes job fairs, job preparation workshops and a weekly one-on-one job search assistance) helps to build self-sufficiency and brings people who may also need food pantry services to the Center for employment support. Here, too, internal cross referral helps to introduce the Food Pantry to these individuals.

Many of these Pantry programs are designed to provide anti-hunger relief for specific populations and to increase comfort using the Pantry (and other ASC programs). For example, the Kids Boost

¹ Hassett and Austin (1997), “Service Integration: Something old and something new,” in Administration and Social Work. Amherst Survival Center Application for CDBG Funding, January 2017

program addresses the increased hunger and demand for food resources that can result from the loss of a meal benefit with a school vacation. The Boost offers families with school-age children another reason to use the Pantry, during six months with scheduled school vacations. As you can see in Attachment 3, we continued to meet several Amherst families who came to the Pantry for the first time as a result of the Boost. In fact, since the Boost started, 28% of Boost families were new to the Pantry when they came in for the Boost. In this way, the Boost offers additional access to Pantry services for these families, and while the Boost is only available six months each year, registration in the Pantry gives these families an opportunity to receive a monthly allocation from the Food Pantry throughout the year.

In 2016 the ASC added a new vehicle to its food recovery fleet, purchasing a second van to replace its very old pickup truck. This vehicle was primarily needed to increase the organization's capacity to bring *more* food into the building, resulting in increased food recovery and a greater capacity to distribute more food to our neighbors.

Another significant measure of ASC's success comes from the testimony of program participants. When asked how they liked the new allocation system, participants' responses included: *"It's fair, easy to understand by volunteers and clients,"* and *"I like it because I don't have to take what I don't want. I take only what I like,"* and *"I like it because it makes food last longer in my home,"* and *"I feel it distributes food equally."* In a summer 2016 survey, participants were asked what the Food Pantry meant to them and their family. Answers included:

- *"It means eating well, better than I would without, due to little income."*
- *"I can eat 2 meals a day."*
- *"It's a big help in making ends meet."*
- *"We get healthier food options for my family."*
- *"It means we don't have to skip as many meals. Give us healthier options."*
- *"It means that we know we will be able to eat and save money for rent."*
- *"We run out of food so it helps."*

The ASC's newest staff position, the Pantry Assistant, specifically supports increased efficiencies in the Food Pantry and significantly contributes to the effective implementation of the increased allocation and other services in the Pantry. This proposal allows the Pantry to continue to benefit from staffing to manage, organize, and generate the Center's food inventory. Emergency Food Pantry volunteers undertake core tasks such as assisting clients, tracking program eligibility, picking up food, unloading food deliveries, stocking shelves, maintaining nutritional materials, making referrals to other ASC services, shopping with Pantry customers, weighing allocated food, and keeping the food pantry clean and orderly. The Pantry Coordinator, the Program Director, and the Executive Director each review Food Pantry data on a monthly basis. Kids Boost programs are reviewed weekly in each Boost month. Special initiatives, program reporting, and customer surveys offer more opportunities to understand Pantry use.

We are a leader in efforts that bring together organizations to reduce food insecurity in our community. In recent years, we have led a community-wide diaper drive and awareness campaign, resulting in both a state earmark to purchase diapers for our distribution effort and increased community awareness about the issue of diaper insufficiency and the struggles and trade-offs so many young families face. We also brought together other Amherst food programs into a network to support information exchange and collaboration. The Amherst Food and Nutrition Network continues to seek new ways to maximize resources to the community.

The ASC has been recognized as a model provider by local agencies and private foundations. Its Board members, staff and volunteers have also been recognized for their exemplary service and expertise. In the past several years, we have been honored to receive town and community support for a new bus stop at our new location, and funding and support for the Food Pantry. We have also received community support and state funding (2016) for our area diaper distribution. In 2012, our Board

President was honored with the Human Service Forum annual award for excellent Board Leadership. In 2013, Tracey Levy, Program Coordinator, received the Council of Social Agencies (COSA) of Hampshire County's Direct Service Award. In 2013, Congressman Jim McGovern read the comments of Food Pantry participants on their experiences using the Pantry on the floor of the US House of Representatives. (See Attachment 4)

With record-keeping and systems in place, appropriate staffing and a dedicated crew of volunteers, the ASC's Food Pantry is well-positioned to meet the need for its services, to continue to respond creatively to reduce food insecurity, and to identify new strategies to increase access. For 40 years, the Amherst Survival Center has delivered its services in a respectful manner, treating those who come for support and assistance with dignity and respect, while relying on caring and well-trained volunteers as service providers. We have an unparalleled record of delivering services in an exemplary, equitable, consistent, professional, and fair manner. Our history in the community and the support we receive in the donations of funds, time and goods, and our track record of success and innovation, demonstrates our strong capacity for future service delivery.

Explain your short-term goals and long-term goals: Our goals are both short-term and long-term and are informed by existing and emerging needs, and a 3-year Strategic Plan that was approved by the ASC Board of Directors in October 2016. Our goals are to reduce food insecurity in our community and increase access to our Pantry. Strategies we use to achieve this include distributing a generous and nutritious allocation of monthly groceries, increasing awareness of our services, employing efforts to increase comfort in using our services, reducing stigma to use these services, and growing referrals to our program (by other Pantry recipients, local health and human service providers, and medical providers). Given the changing national political landscape, we are aware that recent shifts may directly affect governmental safety net services and, as a result, produce additional food insecurity in our community. This, in turn, would increase demand on the Food Pantry program.

Our short-term goals are to ameliorate and reduce the immediate food and nutritional needs of low-income individuals and families through our Food Pantry. As a result of continuing the CDBG-funded services in this proposal, we will:

- 1) Continue to submit timely quarterly reports to the Town of Amherst on all program service delivery approved for funding,
- 2) Continue to offer a monthly weekend opportunity to access the monthly food distribution, meeting the needs of individuals and families who cannot access the Pantry during weekday hours;
- 3) Offer a "Kids Boost" (extra food) in Food Pantry distributions for eligible families with school-age children (ages 5-17), representing up to an additional six to eight meals per school-age child per month, during six months that have scheduled school vacations (December, February, April, June, July, August) to make up for the loss of the school-based meals benefit (free/reduced lunch) during that time;
- 4) Continue the enhanced Food Pantry monthly allocation of fifteen meals (five days) per month per person and explore increasing it to six days;
- 5) Continue to ensure that the Food Pantry's monthly distributions include fresh produce by making direct purchases of fresh produce during winter and early spring, until the local growing season results in produce donations. This ensures extra fresh produce in every Kids Boost distribution and access to produce all year.
- 6) Continue the staff position of part-time Pantry Assistant to organize, manage and generate the inventory needed to meet increased food distribution.
- 7) Develop and disseminate a food pantry customer satisfaction survey to facilitate recipient feedback on their Food Pantry experience and their priorities for items in a personal care pantry. In addition, we will continue to survey all new Pantry users as to how they heard about, and travel to, the pantry in our effort to continue to understand and improve access to services.

Long-Term Goals

The 3-year Strategic Plan for the organization focuses on five areas, three of which involve the Food Pantry and this proposal. The Plan calls for assessment in year 1, implementation in year 2, and evaluation in year 3. A summary of the 3-year Strategic Plan can be found in Attachment 5. The Strategic Plan's 3-year goals related to the Food Pantry are:

Area of Focus	Specific Activities	3 Year Goals
More food allocated from Food Pantry	Explore increasing to 6 and 7 days/month/per person	7 days/mo/per person
More people accessing food in pantry	Increase prioritized populations: 1) seniors, 2) residents of housing communities, 3) medical referrals. Convene Access Work Group, specific awareness campaigns	ASC Food Program will increase the number of individuals who access food from the Center by 25%
Responding to Effects of Poverty	Expand job readiness support Supply Personal Care Pantry Skill building and opportunities for participants to share their stories/experiences	Community members are better able to take action to move beyond a condition of need and to share their experiences and expertise.

The primary goal of the Plan is to increase our organizational capacity to distribute more food to more people, and directly and significantly reduce food insecurity in our community. Strategic action steps entail increasing the monthly Pantry's food allotment, supporting an increase in the amount of food that is donated to the Center (from community food drives), and increasing the number of people who use the Pantry by 25%. We will also work to grow referrals to the Food Pantry, by existing participants and from local health and human service providers. We plan to convene an Access Work Group to identify obstacles which Amherst residents face when trying to access the Food Pantry and to suggest ways to overcome them.

In addition, the Strategic Plan calls for exploring and implementing strategies to strengthen our job search support program, and determine the feasibility of consistently supplying a personal care pantry. See Attachment 6 for more information on the importance of incorporating a Personal Care Pantry into our efforts to reduce food insecurity. Over the next year, the Center will be exploring and developing strategies to achieve these goals, expand access to its services, and remove stigma to its use.

Evaluation: We use a variety of measures to assess use of the Food Pantry and our success in reaching these goals. We regularly review qualitative measures and demographic features of participant utilization: numbers of individuals using the program, numbers and sizes of households, numbers of new participants, referral sources, waiting time for services, schedule of service, the consistency of volunteer coverage, the number of pounds of food distributed, the amount of food purchased and donated.

C. Project Budget Information: A detailed budget for the proposed program that includes program delivery and direct program costs, and include all sources of revenue and expenses is attached. It includes in-kind services (food donations) and our sources of projected funds. It does not include the in-kind services of volunteers, however. It should be noted that on a weekly basis, there are approximately 50 community members who regularly volunteer in the Emergency Food Pantry performing a range of tasks to ensure the Pantry's operations, including: picking up food from the Food Bank, unloading the food delivery truck, stocking the Pantry shelves, organizing inventory, creating allocations, assisting Pantry shoppers select groceries, weighing food distributions, etc. There are also additional volunteers who create diaper allocations, and the 10-12 volunteers who recover food donations every Monday,

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Tuesday, Thursday and Friday morning. These donations are split between all food and nutrition programs, with the bulk being used for the daily Pantry distributions.

The ASC engages in a rigorous and deliberate budget development process that relies on best practices in bookkeeping and nonprofit management, and entails a careful review of actual costs and revenue as a foundation for projecting future (increased) costs and budget planning. The process begins in late winter/early spring prior to the fiscal year, with administrative staff diligently working with program staff in consultation with the Board's Finance Committee to identify projected costs and new programs. The Finance Committee is comprised of three voting Board members (including the Board Treasurer); four voting community members, two of whom are in the banking sectors; one is a retired bank executive, the Executive Director, and the Finance Controller. After several months of careful planning and discussion, the Finance Committee (by vote) proposes an organizational budget to the full Board for its approval in June for the upcoming fiscal year. The ability of the ASC to create a budget that not only accurately reflects expenses but also projects needed revenue is reflected in the organization's strong fiscal position, as identified in its annual audit. The organization's Strategic Plan also calls on the Finance Committee to finalize an Investment Policy to continue to build organizational growth and capacity to ensure future operations.

The enclosed ASC budgets have been prepared by Kara Schnell, ASC Finance Controller and approved by the Amherst Survival Center Board of Directors. Since 2008, Kara has been responsible for all the financial transactions of the Center, from processing incoming contributions and grant awards, to accounts payable and payroll and grants reports. In 2010-2012, Kara managed the accounting for the organization's capital campaign and facility construction. She also plays a key role in the preparation of the Center's annual operating budget. She works closely with the Center's accountant during the annual audit process. As a member of the Center's Finance Committee, she routinely prepares monthly financial reports for the Finance Committee, the Board of Directors, and the Executive Director. The Board of Directors reviews the financial statements for the organization at its regularly scheduled monthly meetings. The Center's finance policies and procedures are a reflection of nonprofit best practices, checks and balances, and a rigorous process to ensure accuracy.

D. Project Description: The Food Pantry provides essential nutritional support through a monthly food box that is distributed onsite directly from the pantry to households in Amherst and 12 surrounding towns, or offsite thru its Senior Mobile Nutrition Program (SMNP) to low-income seniors living in the town of Amherst. The monthly grocery distribution contains canned food, grains (pasta, rice, cereal), proteins (peanut butter, canned fish/meat/tempeh), soup, juice, dairy (fresh milk, cheese, eggs), vegetables/fruit, prepared recovered foods (salads, sandwiches, etc.), fresh produce and bread. When available, a range of personal care items can be selected (toothbrush, toothpaste, soap, shampoo, deodorant, toilet paper, menstrual products, diapers). Through a collaboration with Dakin, pet food is also often available. The distribution can range between 40-100+ pounds, supplying 15 meals per person per month. Food is accessed from the Food Bank of Western Massachusetts (FBWMA), recovered from donating businesses or farms, collected from community drives, and purchased from a local produce vendor, providing consumers with critical access to nutritious produce. The Pantry allows a single household member to register for an entire household and retrieve a comprehensive assortment of groceries for an entire family in a single monthly visit. Registration happens on the initial visit and annually thereafter and involves proof of residence for each person in the household, their ages, as well as the self-disclosure of financial need. In addition, we seek information about the registered participants, including their history of military service, student status, SNAP enrollment, etc. The SMNP ensures that low-income seniors who cannot physically get to the ASC can still receive a generous allotment of pre-packaged nutritious food delivered directly to their housing. Registration for this program can happen at the ASC or our partner, the Amherst Senior Center. The monthly SMNP delivers pre-assembled bags of groceries for low-income Amherst seniors to the Amherst Senior Center and 3 senior apartment buildings. We use surveys to ascertain program satisfaction, suggest improvements. In 2016, SNMP made 324 deliveries, bringing 9,340 pounds of food to 74 seniors. Developing strategies to increase utilization of this program is planned for 2017. See Attachment 7 for additional pantry services provided by volunteers. The goal of the Food Pantry is to make nutrition available to low-income individuals and families and to reduce the food insecurity they experience. An example of a population-based Pantry program is the Kids Boost. In the Amherst Regional Public School system, 34% of enrolled students (K-12) (and 45% of kindergarteners) receive a meal benefit (free/reduced price lunch). For these families, school vacations, and the loss of the meal benefit, challenge their food security. Our Kids Boost program reduces the hunger gap that is caused for these families during months that have scheduled school vacations, and the loss of their meals benefit, by increasing how much food these families can access through the Food Pantry in those months. (See Attachment 3 Boost data, Attachment 3a for an article on Boost, requested by the Providers Council.)

With this proposal, the ASC proposes to continue several CDBG-funded Pantry strategies: monthly weekend hours; Kids Boost to continue an expanded food distribution to families with school-age (5-17 years) children in months with scheduled school vacations; food distribution of 5 days (or 15 meals) per person/month, exploring increasing that to six days; continued purchase of fresh produce December-May (to ensure that Pantry distributions include healthy fresh produce even when the growing season is over); a second Pantry staff position; and printing of marketing materials to support ASC food and nutrition programs and our efforts to increase food donations through food drives. Please see Attachment 8 to see utilization of the Saturday morning 2016 Food Pantry program (and pounds of food distributed). In 2016, the Pantry provided food for 4,247 unduplicated individuals of whom 2,217 (52%) were low-income (unduplicated) residents of Amherst. Among Amherst residents, 87 consumers identify as homeless, 29 households have someone with a history of military services. These are likely underestimates since they are based on self-disclosure, and many individuals choose not to respond. Attachment 9 has additional demographic information for the Food Pantry's Amherst residents.

E. Project Need: Basic needs services like the Pantry are critical in Amherst. In its 2015 Status Report on Hunger in Massachusetts, Project Bread (a statewide anti-hunger organization) highlighted rising Amherst Survival Center Application for CDBG Funding, January 2017

food insecurity in MA. (Findings can be found here: <http://www.projectbread.org/get-the-facts/2015-status-report.pdf>). According to the most recent statistics from Feeding America, the food insecurity rate in Hampshire County is 13%, with Amherst's rate at 21.9%. Also, student hunger has become a local and national issue of concern. College students are experiencing higher rates of food insecurity and finding local pantries to meet their needs. Amherst is no different. Local colleges are considering food insecurity on their campuses and reaching out to the ASC for support. A 2009 study in the *Journal of Nutrition Education and Behavior* (<http://ir.library.oregonstate.edu/xmlui/handle/1957/45177>) found 59% of college students had high levels of food insecurity where they had limited availability to healthy foods. Contributing factors include: high food costs, limited income, rising housing costs, skyrocketing tuition and escalating student debt. In the past year, the ASC partnered with the UMass and Hampshire College to discuss hunger on their campuses and the availability of ASC programs.

The rate of free/reduced lunch in schools provides another measure of poverty and food insecurity. In Amherst, 33.6% of students (K-12) receive a meal benefit, reminding us of the extent of food insecurity and the compelling need to offer struggling families food programs that address the dire choices they are forced to make between food and heat, health care, clothing, medicine, their own food, and childcare. The Economic Policy Institute has reported at the US poverty level, the full range of basic needs, including food, clothing, shelter, transportation, health care and child care, remains unaffordable.² Research shows that a single parent with two children typically needs to earn \$18.36/hour full-time to provide for the family's basic needs. Yet the Massachusetts minimum wage just increased to only \$11.00/hour on January 1, 2017, and the federal minimum wage is only \$7.25/hour.³ In the 2013 State of the People report, published by the Pioneer Valley Planning Commission, Amherst was listed as one of 5 communities in the Valley to have poverty rates above 20%, along with Springfield and Holyoke. Level of income inequality is another indicator for food insecurity. Here, too, Amherst earns an unwanted top rating. Reduced buying power, the prevalence of food deserts, and increasing housing costs force families to cut corners on nutrition with adverse health consequences. This is especially true of the vulnerable population served by the ASC, which includes children, the elderly, people suffering from mental illness and the homeless. Many studies have shown that rates of illness and lower life expectancies in the United States fall disproportionately on the poor and are attributed, in part, to lack of access to affordable nutritious food. Access to nutritious food are key factors in improving health outcomes (Attachment 15). Seniors can be at particular risk. See Attachment 10 for information on seniors and ASC's SMNP. ASC Food Pantry increases access to healthy food, its other nutrition programs multiply that access. Through a collaboration with other local food programs, the ASC maximizes resources, prevents duplication of services, and increases access to food. The ASC creates a nutrition safety net in our community; the Food Pantry, and its programs, is an essential thread.

F. Community Involvement and Support: Surveying participants on their program satisfaction and challenges, combined with reviewing program data keeps ASC programs rooted in real need. We are committed to provide ongoing feedback opportunities for recipients and to make sure they have an opportunity to offer critical feedback on program delivery and new services. Surveys also offer opportunities for users to share their experiences, identify strengths of the program, describe emerging needs, suggest program improvements. Staff uses surveys to evaluate our performance and understand ongoing barriers. At Pantry check-in, staff asks new families how they came to learn about our services to understand what referral sources are successful. In the coming year, we will continue to survey Pantry

² Bernstein, Brocht and Spade-Aguilar (2000), How Much is Enough? Basic Family Budgets for Working Families; Economic Policy Institute <http://bit.ly/1i2pnys>; Feeding America "In Short Supply" <http://www.feedingamerica.org/hunger-in-america/our-research/in-short-supply/in-short-supply-executive.pdf>.

³ National Center for Children and Poverty, Columbia University
Amherst Survival Center Application for CDBG Funding, January 2017

participants. Pantry volunteers receive benefits from their involvement, while the ASC, in turn, receives the benefit of their time, skills, and hard work. Pantry volunteers participate in “Make It Better” meetings to identify program improvements. The ASC has a current roster of 220 volunteers each week, 70% of whom live in Amherst and 20% work directly in the Pantry, 5% are on the food recovery team which brings food donations daily to the pantry, and another 5% assist with the weekly food delivery to the Senior Center. ASC offers Amherst residents an opportunity to strengthen food security in their community and support their neighbors. The commitment of Amherst residents to prioritize the Pantry is shown by their contributions of time, funds and goods, and past Town Meeting approval of funds. Community drives supply the pantry with fresh milk, food and personal care items by Amherst organizations and clubs, further demonstrate this support. The community’s capacity to successfully raise the funds needed to construct a new facility for the ASC in 2010-12 is further evidence of this commitment. See Attachment 11 for a listing of community events in 2016.

G. Project Feasibility: The ASC has provided food and nutrition services for 40 years and the Pantry and SMNP are essential components of its services. The ASC has a strong track record in developing effective programs that meet the needs of our low-income neighbors in ways that are feasible, successful, increase access, reduce stigma, and do not duplicate services thereby efficiently maximizing community resources. **Demand:** responses to a customer satisfaction survey document individuals’ reliance on the Pantry. Food insecurity data points to local need. The MA Department of Transitional Assistance College reports that in November 2016 the Amherst SNAP caseload was 1,640 individuals. College officials have expressed concerns about a growing need on campus. **Staffing Roles & Responsibilities:** Executive Director: oversees organizational management, community outreach, program assessment, public information; Program Director: oversees program logistics; Pantry Coordinator: oversees pantry operations; Pantry Assistant: manages and generates food inventory; Finance Controller: develops Pantry budget, oversees billing and invoices; Volunteer Coordinator: recruits, trains, schedules volunteers. ASC staff work with 50 Pantry volunteers each week, some of whom are Pantry recipients. The Pantry has grown to a model operation serving 4,247 individuals a year. ASC has demonstrated expertise in completing past activities and reporting with CDBG funding in a timely manner. **Project milestones and timeline:** Funding will allow for the immediate continuation of existing CDBG-funded programs: monthly weekend hours, Kids Boost, expanded food distribution, purchase of fresh produce, and appropriate staffing. Specific marketing materials to promote Pantry use and food drives will be developed and printed in English, Spanish, (some in Portuguese and Mandarin). More details in Attachment 12.

H. Project Impact: The most obvious impact of this program is that fewer people will be hungry in Amherst and food insecurity will be reduced as a result of the ASC efficiently and fairly distributing more food to low-income households. Numerous studies confirm that “persons who had access to and used a wide variety of free food sources such as soup kitchens [and] pantries that give free groceries...”⁴ were significantly better nourished than those without those resources. We propose to continue CDBG-funded food and nutrition programs. In its first year of an expanded allocation, the Center continues to track an increase (12%) in the amount of food that is distributed, Attachment 13. In 2016, the Pantry also maximized its use of (free) USDA food from the FBWM. With increased sourcing from USDA and expanded storage (as a result of reorganization), Pantry recipients benefitted. See Attachment 14 for a table on the project’s impacts. All programs increase the amount of food provided to low-income households, school-age children, seniors, and others. Indirect outcomes include increased economic and food security, and a willingness to refer others to the Pantry. See Attachment 14 and 14a for goals and measures. ASC routinely collaborates with other organizations and providers, see Attachment 16.

⁴ Gelberg, Stein and Neumann (1995), “Determinants of Undernutrition Among the Homeless,” in Public Health Reports 110(4): 448-454. Amherst Survival Center Application for CDBG Funding, January 2017

ORIGINAL

**Amherst Survival Center
FY18 Pantry Program Budget**

	Amherst 53%	Non-Amherst 47%	Total
Income			
Town of Amherst	\$ 55,000	\$ -	\$ 55,000
United Way of Hampshire County	\$ 10,000	\$ 10,000	\$ 20,000
United Way of Franklin County	\$ -	\$ 3,000	\$ 3,000
Individual Contributions	\$ 25,498	\$ 56,753	\$ 82,250
Contributions to BOOST	\$ -	\$ 5,000	\$ 5,000
Florence Bank Community Choice Award	\$ -	\$ 3,500	\$ 3,500
Project Bread	\$ -	\$ 2,000	\$ 2,000
Total Income	\$ 90,498	\$ 80,253	\$ 170,750
Expenses			
Personnel			
Pantry Coordinator	\$ 19,793	\$ 17,552	\$ 37,345
Pantry Assistant	\$ 7,818	\$ 6,933	\$ 14,750
Replacement Coordinator/Assistant	\$ 2,069	\$ 1,835	\$ 3,905
Volunteer Coordinator	\$ 1,796	\$ 1,592	\$ 3,388
Program Director	\$ 2,601	\$ 2,306	\$ 4,907
Executive Director	\$ 677	\$ 600	\$ 1,277
Subtotal	\$ 34,753	\$ 30,819	\$ 65,573
Payroll Taxes and Benefits 20%	\$ 6,951	\$ 6,164	\$ 13,115
Work-Study Students	\$ 1,060	\$ 940	\$ 2,000
Total Personnel	\$ 42,764	\$ 37,923	\$ 80,687
Food and Supplies			
Food Purchases	\$ 28,742	\$ 25,488	\$ 54,230
Supplies-Produce Bags	\$ 477	\$ 423	\$ 900
Senior Mobile Pantry-225 Bags	\$ 1,789	\$ 1,586	\$ 3,375
Office Supplies & Printing	\$ 212	\$ 188	\$ 400
Transportation	\$ 3,124	\$ 2,770	\$ 5,894
Equipment Repair	\$ 1,060	\$ 940	\$ 2,000
Total Food and Supplies	\$ 35,403	\$ 31,395	\$ 66,799
Capacity Building			
Equipment Purchases	\$ 530	\$ 470	\$ 1,000
Capacity Building Total	\$ 530	\$ 470	\$ 1,000
Overhead 15%	\$ 11,800	\$ 10,464	\$ 22,265
Total Expenses	\$ 90,498	\$ 80,253	\$ 170,750
Net Income	\$ 0	\$ (0)	\$ (0)
In Kind Goods: Food Donations	\$ 73,140	\$ 64,860	\$ 138,000

10:41 AM
01/05/17
Accrual Basis

Survival Centers, Inc.
Profit & Loss
July through December 2016

	<u>Jul - Dec 16</u>
Ordinary Income/Expense	
Income	
4000 · Contributions/Donations	216,776.84
4080 · Planet Aid Partnership Program	655.12
4100 · Private Grants - Unrestricted	87,109.89
4200 · Private Grants - Restricted	4,800.00
4300 · Public/Government Grants	13,304.51
4400 · Fundraising Special Events	37,365.00
4500 · Interest Income	935.14
Total Income	<u>360,946.50</u>
Expense	
5004 · Payroll Administration Fees	695.45
5000 · Payroll Expenses	205,568.17
5225 · Recruitment and Training	883.00
5250 · Professional Fees	6,000.00
5300 · Office Supplies	1,944.19
5350 · Insurance	3,610.21
5400 · Telephone and Internet	1,734.17
5455 · Computer and Software Expense	3,672.69
5500 · Program Activities & Supplies	32,219.57
5606 · Occupancy - 138 Sunderland Rd	31,391.29
5620 · Depreciation Expense	32,500.02
5680 · Repairs & Maintenance - Equip.	771.57
5685 · Leased Equipment Expense	1,227.60
5800 · Auto/Travel	4,045.20
5870 · Outreach and Fundraising	14,857.23
5890 · Miscellaneous	2,341.67
9999 · Wash	0.00
Total Expense	<u>343,462.03</u>
Net Ordinary Income	17,484.47
Other Income/Expense	
Other Income	
4550 · Investment Income	1,162.80
4900 · In-Kind Revenue	9,830.06
Total Other Income	<u>10,992.86</u>
Other Expense	
5610 · Investment Expense	469.40
5900 · In-Kind Expense	9,830.06
Total Other Expense	<u>10,299.46</u>
Net Other Income	<u>693.40</u>
Net Income	<u><u>18,177.87</u></u>

ORIGINAL

Survival Centers, Inc.
Profit & Loss Budget Overview
July 2016 through June 2017

	<u>Jul '16 - Jun 17</u>
Ordinary Income/Expense	
Income	
4000 · Contributions/Donations	396,000.00
4080 · Planet Aid Partnership Program	1,200.00
4100 · Private Grants - Unrestricted	133,500.00
4200 · Private Grants - Restricted	56,600.00
4300 · Public/Government Grants	52,628.00
4400 · Fundraising Special Events	59,500.00
4500 · Interest Income	5,000.00
Total Income	<u>704,428.00</u>
Expense	
5000 · Payroll Expenses	410,317.03
5225 · Recruitment and Training	4,000.00
5250 · Professional Fees	11,800.00
5300 · Office Supplies	8,000.00
5350 · Insurance	8,250.00
5400 · Telephone and Internet	3,200.00
5455 · Computer and Software Expense	7,200.00
5500 · Program Activities & Supplies	87,075.00
5606 · Occupancy - 138 Sunderland Rd	59,050.00
5620 · Depreciation Expense	65,000.00
5680 · Repairs & Maintenance - Equip.	2,500.00
5685 · Leased Equipment Expense	2,500.00
5800 · Auto/Travel	11,787.00
5870 · Outreach and Fundraising	17,300.00
5890 · Miscellaneous	8,500.00
Total Expense	<u>706,479.03</u>
Net Ordinary Income	-2,051.03
Other Income/Expense	
Other Income	
4550 · Investment Income	7,000.00
4900 · In-Kind Revenue	1,098,000.00
Total Other Income	<u>1,105,000.00</u>
Other Expense	
5610 · Investment Expense	3,300.00
5900 · In-Kind Expense	1,098,000.00
Total Other Expense	<u>1,101,300.00</u>
Net Other Income	<u>3,700.00</u>
Net Income	<u><u>1,648.97</u></u>

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Survival Centers, Inc.
Amherst Survival Center
Board of Directors
Fiscal Year 2017

The Board of Directors meets the 2nd Monday of each month at the Amherst Survival Center at 5:30pm.

J. Lynn Griesemer, President
(2016-2019)
83 Flat Hills Road
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Associate Vice President for
Economic Development, UMASS
President's Office &
Executive Director, UMASS
Donahue Institute

Naz Mohamed, Vice President
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Early Childhood Educator
Secretary, Hampshire Mosque

Leslie Nyman, Clerk
(2016-2019)
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413-256-8427
lsnyman@comcast.net
Retired Nurse & Writer

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Chief Financial Officer, Pioneer
Valley Performing Arts Charter
Public School

Sarah Barr
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Amherst College

William Clement
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(Chair of Governance)
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Professor of Geophysics

Chris Howland
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Branch Officer/Assistant Vice
President, Berkshire Bank
Owner, High Horse Brewing and
Moan and Dove Restaurants

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President, Kohl Construction

Maria-Judith Rodriguez
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Chief Human Resources Officer,
Amherst College

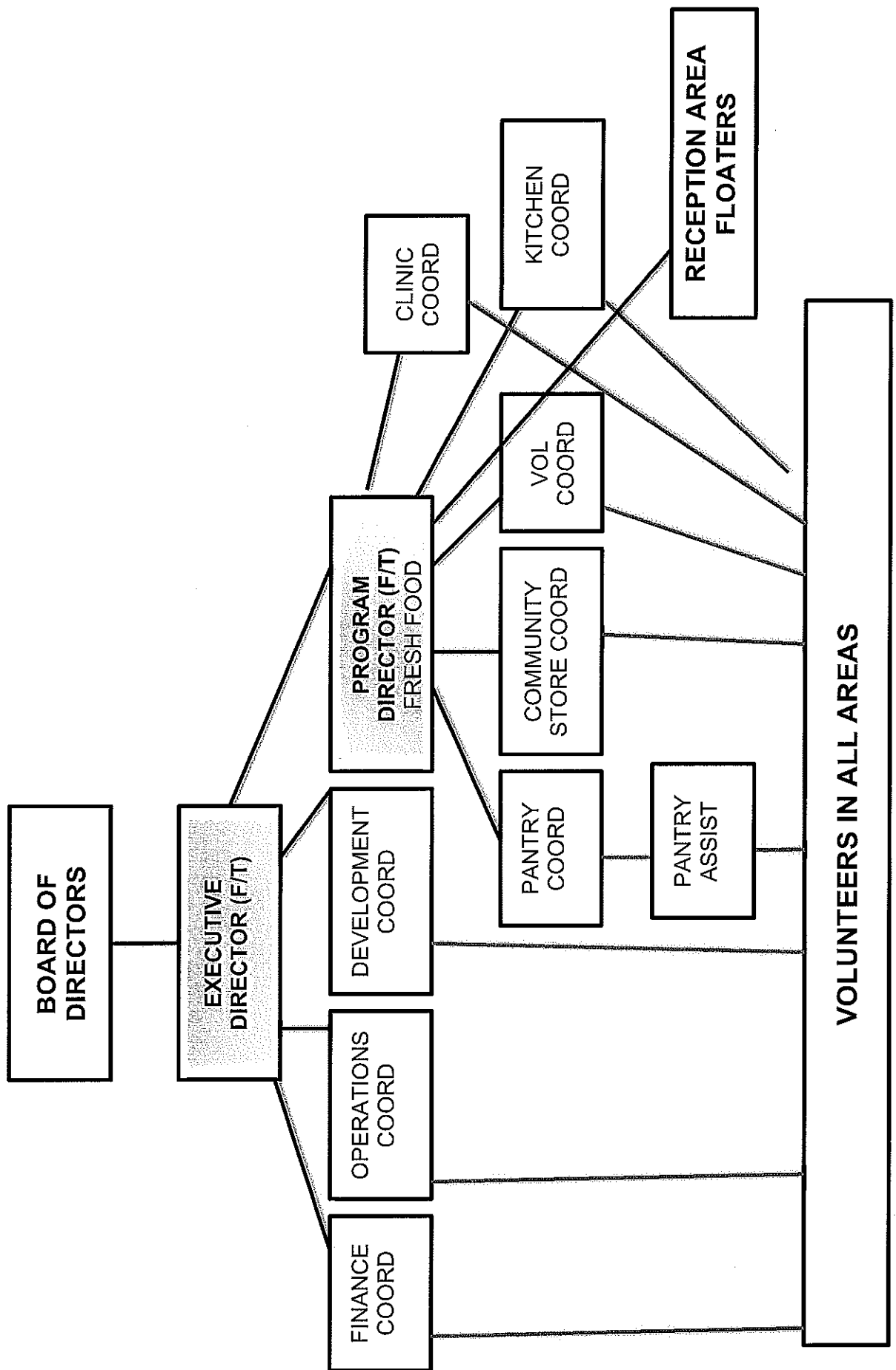
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Beloki1943@gmail.com
Owner, Blue Heron Restaurant
and Catering

Steven Wilco
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pastor@immanuel-amherst.org
Pastor, Immanuel Lutheran Church

ORIGINAL

AMHERST SURVIVAL CENTER ORGANIZATIONAL CHART



ORIGINAL

Attachments Supportive Documentation

Community Development Block Grant
Application of the
Amherst Survival Center
138 Sunderland Road
PO Box 9629
North Amherst, MA 01059

January 2017

Attachment 1

Self Disclosure Form

Amherst Survival Center
CDBG Self Declaration Form

Date:

First Name _____ Middle Initial _____ Last Name _____

Address: _____ Town: _____

Phone Number: _____ Gender (circle): Male Female Transgender

Marital Status: <input type="checkbox"/> Single <input type="checkbox"/> Married <input type="checkbox"/> Separated <input type="checkbox"/> Divorced <input type="checkbox"/> Widowed <input type="checkbox"/> Domestic partnership <input type="checkbox"/> Other	Non-Cash Benefits. Do you receive any of the following? <input type="checkbox"/> SNAP benefits <input type="checkbox"/> MassHealth <input type="checkbox"/> Commonwealth Care <input type="checkbox"/> Fuel Assistance <input type="checkbox"/> WIC <input type="checkbox"/> Other _____
---	---

1. Circle the number of people in your family below.
2. Under your family size, please circle the amount which shows the income you (anyone in your household, including dependents over 18 years old) earned LESS THAN.

1	2	3	4	5	6	7	8
\$17,500	\$20,000	\$22,500	\$24,950	\$28,440	\$32,580	\$38,730	\$40,890
\$29,150	\$33,300	\$37,450	\$41,600	\$44,950	\$48,300	\$51,600	\$54,950
\$48,000	\$52,600	\$59,150	\$65,700	\$71,000	\$76,250	\$81,500	\$86,750

Providing the following information is **optional**. However, data is needed for statistical purposes.
Thank you for considering completing this information.

Check Mark please	Race
	White
	Black/African American
	Hispanic
	Asian
	American Indian/ Native American
	Native Hawaiian/Other Pacific Islander
	American Indian/Alaskan Native
	Hispanic and White
	Asian and White
	Black/African American and White
	Other / Not Applicable

Please circle what applies to you:

Self Employed

Female head of household

Disabled

Elderly (60 years +)

Student

I, _____ certify that the information I have given in this application is true and correct.

Signature: _____ Date: _____

Amherst Survival Center, Attachments 1/6/17

Attachment 2

Amherst Survival Center Food Pantry “shop sheet”

FULL PICKUP
 ID: _____

Name: _____ HH Size: _____

Allowed	Allowed
ea USDA	ea Dog Food
pt Can Veggies	ea Cat Food
pt Fresh Veggies	pt Fresh Fruit
pt Protein	pt Milk
pt Misc	pt Eggs
pt Grains	pt Cheese
ea Diapers	ea USDA Eggs
pt Kid Snack	pt Cold Prep
pt Hygiene	pt Frozen Prep
ea Bonus	pt Meat
	1 ea Bread

Weight _____ (-40 for cart)

Amherst Survival Center Food Pantry Points System

Points per Household w/December Boost

HH Size	1	2	3	4	5	6	7	8	9	10	11	12
USDA	1	1	1	1	2	2	2	2	2	3	3	3
Can Veggies [Boost + 1/kid]	4	8	12	16	20	24	28	32	36	40	44	48
Fresh Veggies	4	8	12	16	20	24	28	32	36	40	44	48
Protein [Boost + 1/kid]	3	6	9	12	15	18	21	24	27	30	33	36
Misc	2	4	6	8	10	12	14	16	18	20	22	24
Grains [Boost + 2/kid]	5	10	15	20	25	30	35	40	45	50	55	60
Kid Snacks [Boost + 2/kid]	2	4	6	8	10	12	14	16	18	20	22	24
Hygiene	1	2	3	4	5	6	7	8	9	10	11	12
Fresh Fruit	5	10	15	20	25	30	35	40	45	50	55	60
Milk	2	2	2	4	4	4	6	6	6	6	6	6
Eggs	1	1	1	2	2	2	3	3	3	3	3	3
Cheese	1	1	2	2	3	3	4	4	4	4	4	4
Cold Prepared	1	2	3	4	5	6	7	8	9	10	11	12
Frozen Prepared	1	1	1	2	2	2	3	3	3	3	3	3
Frozen Meat	1	1	2	2	3	3	4	4	4	4	4	4
Bread	1	1	1	1	1	1	1	1	1	1	1	1

Attachment 3

Kids Boost numbers 2016

KIDS BOOST January 2016 - December 31, 2016

	# Households	# NEW* Households	# kids **	Extra food representing # meals
1. Feb 2016	135	41	266	1064
2. April 2016	170	56	327	1308
3. June 2016	220	54	425	1700
4. July 2016	168	45	306	3672
5. Aug 2016	169	42	321	3852
6. Dec 2016 to date 12/23	161	52	290	1160
Totals	1023	290 (28%)	1,935	12,756

Kids Boost - Amherst **Unduplicated** Numbers

Number of households (families) receiving Boost, 2016: 198

Number of Amherst school-age children benefitting from the Boost program: 507 children

Reminders:

- The Food Pantry is a monthly program. Eligible families can come every month for groceries. The numbers above include duplicated individuals and households.
- * New Households: this number shows us how many of the Boost households in each month were new to the Pantry (i.e. their Boost participation in that month coincided with their first visit to the Pantry). The Boost is designed to be a “magnet program” and attract families with school age children. The number of new families (290) indicates that the Boost is meeting this goal.
- ** Number of Kids is a duplicated number, i.e. households can use the Pantry every month, and many use it frequently. Given the rationale for the Kids Boost Program, the ASC supports and anticipates that these Boost families will use the Pantry during Boost months.

Attachment 3a

THE PROVIDER

Vol. 36 - No. 7

Celebrating 40 years of serving the human services provider community

Summer 2015

VIEWPOINTS FROM ACROSS THE STATE

Food program gives kids a 'Boost' when they're not in school

By Mindy Domb

Last summer the Amherst Survival Center launched a new program for children in our Food Pantry. We called it a Kids Summer Boost, and designed it to be an additional distribution for families in our food pantry who have school-age children (ages 5-17). We wanted the Boost program to offer these families additional food for each school-age child during their summer vacations in July and August. It was meant to help close the meals gap that can happen during periods when their school meal benefit (breakfast and/or lunch) is not available.

Inspired by data provided by the Amherst regional school system, which showed 50 percent of incoming kindergarteners are eligible to receive a meal benefit and that Amherst does not have a summer meals program, we knew serving these families was an opportunity to address the increased food insecurity they may face during the summer vacation. It was also an opportunity to promote the Food Pantry's availability to eligible families.

The Amherst Survival Center's Food Pantry is available to eligible individuals and families once a month. In that monthly distribution, they receive food for about 3-5 days per person. The goal for the Summer Boost distribution was to provide food for an additional six meals per child per month. We knew it would not close the meals gap, but it would help. Our Food Pantry created a process for Boost-eligible families to receive their distribution in a seamless and inconspicuous manner that allowed Boost and non-Boost families to shop side by side.

In the summer of 2014, our first Boost served 444 families and distributed food to 797 school-age chil-

dren, representing 4,782 additional meals. Of those families, 21 (5 percent) were new to the Food Pantry, and since that time are now able to use the Food Pantry during the year as part of their safety net, even in months without school vacations.

In that first summer, we asked Boost participants to tell us what the program meant for their families. Responses included:

- "Boost really is a lifesaver."
- "The Boost summer program is a wonderful help to our family of five. It makes it so we can have a variety of healthy foods and nice well-rounded meals at the table."
- "My budget goes up during the summer. As a result, I have less money for food!"
- "A boost in the summer is just what we needed! Thank you!"

Whether we assess it by the results or by the need for it, last summer's Boost was a huge success. It started us wondering ...

Though July and August were the most obvious months to have a school vacation Boost, we began to consider the impact of the other school vacations that happen during the school year. For families who rely on school breakfast and/or lunch, every school vacation increases economic pressure. And so, recognizing the food insecurity these families confront during any school vacation, we expanded the Boost to include every month with a scheduled school vacation (December, February, April and June). Vacations in these months were only a week (vs. July and August's month-long gap) so the Boosts in these months could be somewhat smaller than the summer Boost.

Our service numbers for these Boost months were

impressive and reaffirmed the value and importance of the program. Last December, 219 households (422 children) received extra meals through Boost, including 14 that were new to the Food Pantry. This represented 1,688 additional meals. In February, it was 134 households (15 new) and 251 children for an additional 1,004 meals. And in April, 167 households (13 new) with 313 children received 1,252 additional meals. Overall during the FY '15 school year, the Food Pantry saw a rise in families receiving assistance that was specifically attributed to their Boost participation.

Throughout the year, families with school-age children are always welcome to register for the Food Pantry, have lunch and/or pick up fresh produce at the Amherst Survival Center. The Boost is an additional program recognizing that, for many families in our community, school vacation periods are neither relaxing nor fun. For too many families, the loss of breakfast or lunch provided in school to their child(ren) becomes an additional expense and they have no way to meet it. The Boost addresses this reality.

This summer and in the coming school year, the Amherst Survival Center will continue the Boost, hopefully reaching more families and feeding more children. By bringing families into the Center for a Boost distribution, families will also become acquainted with our other food and nutrition programs, further strengthening their safety net as they need it. Creating programs that address the real needs of families in our community will continue to challenge and inspire us.

Mindy Domb is the executive director of Amherst Survival Center.

SUMMER 2015 ■ THE PROVIDER ■ PAGE 5

Attachment 4

Congressional Record, Congressman Jim McGovern

November 14, 2013

CONGRESSIONAL RECORD—HOUSE

H7057

I have joined 40 Members of Congress in a friend of the court brief filed this week that urges the court of appeals to obey the Constitution and declare the Affordable Care Act taxes unconstitutional because they violate the Origination Clause.

On October 8, 2009, the House of Representatives passed H.R. 3590, the Service Members Home Ownership Tax Act, a six-page bill. H.R. 3590 raised no taxes or revenue of any kind. To the contrary, H.R. 3590 cut taxes for veterans buying homes.

The Senate took H.R. 3590, deleted its substantive provisions and substituted a six-page bill with a 2,074-page bill, commonly referred to as ObamaCare, that raised roughly \$50 billion a year in new taxes, making it one of the largest tax increases in the history of America.

None of these ObamaCare tax increases were in the original House bill. Hence, all of these new tax increases originated in the Senate, not the House, thereby violating the Origination Clause requirement that tax increases originate in the House.

The Origination Clause was subject to significant debate during America's 1787 Constitutional Convention. Massachusetts convention delegate and America's fifth Vice President, Elbridge Gerry, stated that the Origination Clause was "the cornerstone of the accommodation" of the Great Compromise of 1787 that persuaded a majority of the States to ratify the Constitution.

Stated differently, but for the Origination Clause, there would have been no Constitution and no United States as we know it. The Origination Clause was that important.

Virginia Delegate and coauthor of our Bill of Rights, George Mason, explained opposition to Senate tax originations when he declared:

The Senate did not represent the people, but the States in their political character. It was improper, therefore, that it should tax the people. Again, the Senate is not like the House of Representatives chosen frequently and obliged to return frequently among the people. They are chosen by the States for 6 years, will probably settle themselves at the seat of Government, will pursue schemes for their aggrandizement, will be able by wearing out the House of Representatives, and taking advantage of their impatience at the close of a long Session, to extort measures for that purpose.

Mr. Speaker, America's Founding Fathers did not trust the Senate to originate and raise taxes because Senators sat unchallenged for 6 years, the greater part of a decade, and were too insulated and unaccountable for the taxes they forced on American citizens.

Mr. Speaker, no American court in history has ever upheld the constitutionality of taxes under the cir-

Mr. Speaker, every Federal judge and justice took an oath to defend, protect, and uphold our Constitution. If these judges will put their partisanship and egos aside, if these judges will apply the Constitution as it is written and intended, if these judges will simply honor their oath of office, then ObamaCare will be declared unconstitutional because it violates the Origination Clause, and America's dangerous and failing experiment with socialized medicine will have ended. ObamaCare will be dead, and quality health care for Americans will survive.

HUNGRY IN AMERICA

The SPHAKHR pro tempore. The Chair recognizes the gentleman from Massachusetts (Mr. MCGOVERN) for 5 minutes.

Mr. MCGOVERN. Mr. Speaker, last Wednesday, I had the privilege of joining Monte Belmonte, who is a radio host at WRSI in Northampton, Massachusetts, on a 26-mile walk to raise awareness about the issue of hunger and to raise money for the Western Massachusetts Food Bank. It was an incredible experience. My legs are sore, but it was inspiring to be part of that march.

For the entire 26 miles we were joined by a diverse group of people, people like Bill Stapleton, who is the president of the Northampton Cooperative Bank; Andrew Morehouse, who is the director of the Western Massachusetts Food Bank. We were joined by Dan Finn of Pioneer Valley Local First and a fellow named Sean Berry, who runs Four Season Liquor Store in Hadley.

Along the way, various people joined us for part of the march. We met with school groups along the way. We even marched along with a group called Mutton and Mead, who put on a medieval festival every year in western Massachusetts.

And as we marched, people would stop their cars to offer their support and offer some money; but they would also tell us stories about people they knew who are hungry in our community. Young kids in schools, some of them who marched with us, told us stories about how they had seen firsthand hunger. Some of them raised money to support the march.

We also stopped at a place called the Amherst Survival Center. It is a food pantry, a place for low-income people to get clothes, sometimes medical advice, sometimes counseling. And when we stopped there, the director handed me a bunch of plates, paper plates, where people who go to the Amherst Survival Center, and some people who work there, wanted to send a message

I read the news about SNAP and I am afraid my family will go to bed hungry. How is this possible?

Another person wrote:

I think everyone has a right to healthy food, which is why the pantry is so important.

Linda wrote:

Dear Congress, please help us who need the help. I didn't think I would ever be like this.

This person wrote:

No SNAP, no food.

This person wrote:

I work and I am seeking more work. My husband works. It is not enough.

"Dear Congress, access to affordable food is a basic human right," signed by Shelley.

"What's for dinner? Nothing without the pantry," wrote Emily.

Working in the pantry has opened my eyes to see all the wonderful people struggling in the community.

Dear Congress, we need your help. Blessings.

Food stamps help American agriculture. Hunger and homelessness in America?

I could go on and on and read some of these plates, and the reason why I am doing this is because we are so inundated with facts and figures and statistics that somehow I think we have lost our ability to feel them.

These are real people. These are real people who are struggling, real people who are working with struggling families. They deserve a voice. And one of the things that people are concerned about is Congress making their lives worse.

We are considering a farm bill; and in the House version of the farm bill, there is a \$40 billion cut in SNAP—3.8 million people would lose their benefits. Hundreds of thousands of kids would no longer have access to free breakfast and lunch at school; 170,000 veterans would lose their benefits.

Mr. Speaker, we can do so much better. One of the things we are here for is to help the people like those who go to the Amherst Survival Center. One of the things that we are here for is to respond to the concerns that we heard along the way as I marched with Monte Belmonte and his crew.

You know, it is nice that this march was a success and they raised a lot of money for the Western Massachusetts Food Bank, but it is not enough. These food banks and these food pantries are at capacity. We can't make things worse.

Surely in the richest country in the history of the world we can do better. We can end hunger.

So, Mr. Speaker, I would urge all my colleagues, as we start to consider the farm bill, please do not support a farm bill that makes more people hungry. Let's do the right thing. This is a problem that we can solve.

Attachment 5

Amherst Survival Center Summary 3-Year Strategic Plan

Endorsed by the Amherst Survival Center Board of Directors, October 10, 2016

Strategic Direction

The Amherst Survival Center engages the community to reduce the effects of food insecurity in our neighbors. We are committed to creating an environment where people can move beyond a condition of need, and where everyone can share resources, information, concerns, experiences and expertise. We foster and celebrate a community where we accept, support and rely upon one another.

Ten-Year Goal

Community members in the Amherst area are nourished, visible, respected and offered opportunities to contribute in meaningful ways to support the community. Throughout the Amherst area, the Amherst Survival Center will be well-known, its programs will be easily accessed and welcoming for all.

Area of Focus	Specific Activities	3 Year Goals
More food allocated from pantry	From 5 days/mo/person to 7 days/mo/person	7 days/mo/per person
More people accessing food in pantry	Increase prioritized populations: seniors, residents of housing communities, medical referrals Access Work Group, specific awareness campaigns	ASC Food Program will increase the number of individuals who access food from the Center by 25%
Outreach and Advocacy	Food Insecurity community education campaign Skill building and opportunities for participants to share their stories/experiences	Community members demonstrate knowledge, skills and comfort in talking about food insecurity and its effects, and take action
Responding to Effects of Poverty	Expand job readiness support Personal Care Pantry Skill building and opportunities for participants to share their stories/experiences	Community members are better able to take action to move beyond a condition of need and to share their experiences and expertise.
Organizational Sustainability	Board work- infrastructure Workforce development Fundraising and donor growth Environmental sustainability- food waste, reusable bags, solar	

Attachment 6

Personal Care Pantry

Products included in the Amherst Survival Center's Personal Care Pantry include:

- soap
- toothbrush
- toothpaste
- shampoo
- deodorant
- menstrual products (tampons and pads)
- toilet paper
- sunscreen (seasonal)
- body cream (seasonal)
- razors
- adult diapers
- children's diapers
- wipes

The affordability of personal care items can threaten an individual's food security. According to a 2013 Feeding America study, In Short Supply: American Families Struggle to Secure Everyday Essentials, revealed that 1 in 3 low-income American families with children struggle to afford basic, non-food household goods, including products related to personal care and baby care. As a result, these families often make trade-offs with other living expenses and employ coping strategies in an effort to secure essential items. These strategies include using less, substituting, borrowing, doing without, altering eating habits to afford non-food items or delaying hygiene habits.

(<http://www.feedingamerica.org/hunger-in-america/our-research/in-short-supply/in-short-supply-executive.pdf>) Diaper need is also an issue of public health and food insecurity. Without funds to spend on diapers, low-income families are forced into a different set of coping strategies which can include deferring meals but can also entail delaying diaper changes, re-using diapers, increased isolation, foregoing education and/or a job.

Limited resources can force families to make painful trade-offs: food vs. rent, food vs. medicine, food vs. clothing, food vs. toilet paper. Offering these items even in a limited way can help struggling individuals and family stretch their resources and strengthen their personal safety net. Making personal care items and diapers available addresses the challenges that our participants confront, while supporting food security with nonfood items.

Attachment 7

Project Description

Additional Food Pantry Services Provided by Volunteers

Onsite:

While participants shop, volunteers share healthy cooking tips, recipes, and nutritional information. Healthy cooking classes, using Pantry ingredients, compliment nutritional information. Special distributions occur in the Pantry (cookbooks, recipes, etc.). November brings a special Thanksgiving box for pantry recipients, extra holiday food that includes frozen meat and additional canned vegetables and side dishes. In December, the Center's Holiday Gift Program is open to Pantry households with children ages 0-18. Each child receives four new books and a new winter accessory, in addition households receive games.

Pantry staff also makes in-house referrals to our community partner, the FBWMA who staffs weekly office hours in the ASC to assist individuals to apply for SNAP (aka food stamps) to further reduce food insecurity. Volunteers cross-refer recipients to ASCs other food programs (community meals and fresh food distribution).

Senior Mobile Nutrition Program/SMNP (formerly known as the Senior Mobile Pantry):

SMNP utilizes its own volunteer team who distribute shopping lists, organize and assemble bags of food, and deliver the food to their locations in Amherst.

Potential Mobile Pantry Partnership with the Food Bank of Western MA:

As we submit this proposal, we are currently working on a new partnership with the Food Bank of Western Massachusetts to implement a mobile pantry (of fresh produce and frozen meat) to residents in South Amherst. If implemented, this new proposal would translate to a pilot monthly program, utilize an additional 10-15 volunteers a month, require 2-3 additional staff hours, and result in increased food being distributed to Amherst residents.

Community Food Drives

In addition to supporting the sponsorship of food drives by community organizations, the Amherst Survival Center will oversee its own roster of community food drives in an effort to generate more food inventory for the Pantry, to support the larger allocation. Three annual community food drives will be organized by the ASC: Souper Bowl Sunday (February), Post Office Food Drive (May) and Election Day Food Drive (March and/or September, and/or November).

Community Drives for Diapers and Personal Care Items

The organization has inspired and supported community organizations to hold drives to collect donations of diapers, personal care items, and menstrual products. These drives are critical to generate an inventory of these items and in doing so support the ASC's goal of distributing these items to Food Pantry recipients.

Amherst Survival Center, Attachments 1/6/17

Attachment 8

Weekend (Saturday morning) hours at the Amherst Survival Center Food Pantry

	NUMBER OF HOUSEHOLDS	NUMBER OF INDIVIDUALS SERVED	POUNDS OF FOOD DISTRIBUTED
NOV 21 2015	10	31	830
DEC 19, 2015	16	47	932
JAN 23, 2016	13	33	641
FEB 20, 2016	7	20	406
MAR 19, 2016	10	27	686
APRIL 16, 2016	13	32	731
MAY 21, 2016	11	40	633
JUNE 18, 2016	17	31	674
JULY 16, 2016	7	21	489
AUG 20, 2016	6	22	369
SEPT 24, 2016	6	22	371
OCT 15, 2016	8	24	446
NOV 19, 2016	11	36	913
TOTAL	135	386	8,121

Program Characteristics:

- Food Pantry (and Community Store) are open the third Saturday morning of the month
- Hours are 9:30am-11:30am
- Food Pantry staffing consists of one staff and 1-3 volunteers.

Attachment 9

Participant Demographics

Age Breakdown of the Amherst Survival Center's Food Pantry's Amherst residents, 2016

Individuals	Amherst residents
Individuals	2,217
Ages 0-17	588 (26.5%)
Ages 18-64	1,462 (65.9%)
Over 65	167 (7.5%)

Racial/Ethnicity of the Amherst Survival Center's Food Pantry, Amherst residents, 2016
Based on self-disclosure.

	Breakdown by Ethnicity, residents of Amherst who participate in the Amherst Survival Center Food Pantry (2016)	Breakdown by Race and Ethnicity, Town of Amherst (census 2010)
White/Caucasian	27.4% (n=609)	76.9%
Latino	17.4% (n=386)	7.3%
Black/African American	10% (n=224)	5.4%
Asian/Pacific Islander	6.5% (n=143)	10.9%
Cape Verdean	5% (n=113)	
Other/Prefer not to specify	33.4% (n=742)	

Source: Amherst Census 2010

<https://www.census.gov/quickfacts/table/RHI125215/2501501325,25>

Attachment 10

Senior Mobile Nutrition Program (SMNP) and senior hunger

Program Background

In collaboration with the Amherst Senior Center, Amherst seniors can register for a monthly delivery of groceries from the Amherst Survival Center Food Pantry. Program registration happens at the Senior Center, with “grocery lists” distributed and collected. Once a month, a crew of volunteers assembles bags for each participant – based on the participant’s preferences. Volunteer drivers deliver these bags to the lobbies of senior housing developments in Amherst and to the Amherst Senior Center for pick up.

The program was formerly known as “Senior Boxes”, and more recently as “Senior Mobile Pantry”. In an attempt to reduce stigma associated with using this program, the ASC re-branded the program as the “Senior Mobile Nutrition Program” in the past year.

Participation in the SMNP

November 2015-November 2016

Number of Households	Number of Individuals	Number of Deliveries	Pounds of Food Distributed Thru the SMNP
61	74	324	9,340

Senior Hunger

Access to nutritious food are key factors in improving health outcomes. Low-income seniors are vulnerable to malnutrition. According to Feeding America, in 2013, 9% of households with seniors experienced food insecurity, and in 2011, 8.4% of all Americans over the age of 60 were food insecure. According to a 2014 report from the AARP (American Association of Retired Persons) Foundation, 8.8 million older people in the U.S. can’t afford nutritious food. Nearly one in six seniors in the U.S. may be threatened by hunger. The number of seniors experiencing this threat jumped by 88% between 2001-2011 (resulting from the severe economic downturn and recession, and its impact on older workers). About one quarter of low-income adults 65 and older say they’ve reduced the size of their meals or have skipped meals because they didn’t have enough money. In addition their enrollment in SNAP (food stamps) falls way behind other groups.

Amherst Survival Center, Attachments 1/6/17

AARP has described several factors as contributing to senior hunger. They include:

- Memory loss can make it more difficult to remember to shop in advance and prepare food.
- Some diseases cause weight loss.
- Lack of access. Poorer people often live in areas without access to full service grocery stores with reasonable prices and fresh produce (termed "food deserts"), but even older people in more affluent suburban areas lose access to food if they can no longer drive.
- The shame and embarrassment of asking for help in accessing food are often barriers.
- Lack of funds.

AARP has also looked at the low SNAP enrollment rates for seniors. Two factors can be addressed by the ASC SNMP, increasing access to this public program and thereby improving eligible seniors' food security:

- They lack knowledge about the program and its benefits
- They encounter or have encountered challenges and/or obstacles that prevent them from enrolling in SNAP.

The health consequences of food insecurity among the elderly are significant and include poor nutrition, poor access to medication, episodes of depression, and an overall lower quality of life. For "seniors, protecting oneself from food insecurity and hunger is more difficult than for the general population" because they may lack "the resources to access or prepare food due to lack of transportation, functional limitations, or health problems." (<http://bit.ly/1tRrMAM>) They also face a unique stigma in seeking assistance. Amherst seniors are no different.

Amherst Survival Center Goals

The organization's 3-year Strategic Plan entails the development and implementation of strategies to increase registration in, and use of, this program. The organization will partner with the Amherst Senior Center, it's longtime collaborator on this program, regarding new measures to help meet this goal. The organization is committed to increasing participant satisfaction with this program as a way to increase peer referral to it. Proposed CDBG funding would support the continued larger allocation to this population and printed materials around it.

Attachment 11

Community Events 2016

- New Year's Dance Party, January 2016
- Lunar New Year lunch, January 2016
- Black History Month Luncheon and Gospel Choir concert, February 2016
- State Representative Public Debate, June 2016
Co-sponsored with the League of Women Voters Amherst
- July 2016 July 4th Barbeque
- Community Appreciation Breakfast, September 2016
All food donated by local businesses
- Community Conversation on Hunger, October 2016
Co-sponsored with UMass School of Public Policy, the Food Bank of Western Massachusetts
With a grant from the Community Foundation of Western Massachusetts

ONGOING

- Weekly movies (Thursdays 3pm, and 5pm)
- Healthy Cooking Classes (quarterly) with the Healthy Eating Specialist from Whole Foods Market
- Nutrition Sampling with the Food Bank of Western Massachusetts (quarterly)
- Monthly live music performances as part of the Center's TUNES @ NOON program
- Monthly Field Trips
- Pool passes in collaboration with LSSE (seasonal)
- Passes to area museums and cultural performances in collaboration with cultural institutions

Attachment 12

Printing Materials

Monthly Saturday morning Pantry hours	Ongoing outreach: <ul style="list-style-type: none"> • newspaper listing, • in-house publicity, • press release, • promotional information given to participants, local health and human service providers. 	Specific materials will be printed for distribution, with specific dates (English, Spanish, possibly Portuguese, Mandarin) <ul style="list-style-type: none"> • Wallet cards with Saturday schedules. • Flyers provided through website.
Kids Boost	By the month prior to each Boost, orders of additional nutritious food will be submitted in addition to purchases of fresh produce. Signage is readied, specific “shop sheets” will be used.	Program-specific flyers provided to Amherst schools (in different languages), provided thru website and networking.
Expanded Food Distribution	Additional new shelving may be purchased and assembled for food storage, additional food purchases will be made, distributions will continue	<ul style="list-style-type: none"> • Customer Satisfaction surveys • Special written materials for SMNP about change, encouraging referral
Purchase of Fresh Produce for Winter /Spring Distribution	Prior to December 2017, we will begin to submit a weekly purchase of fresh produce for the Pantry for distribution. By making these purchases, fresh produce will be available in the pantry, Kids Boost and SMNP, and community meals all year.	n/a
Staffing: Pantry Assistant position	<ul style="list-style-type: none"> • Continue to manage, organize and generate food inventory to sustain the expanded allocation. • Oversee and support community food drives to generate food inventory. 	<ul style="list-style-type: none"> • Flyers and materials needed to support and promote community food drives.
Information Dissemination	<ul style="list-style-type: none"> • Printing of resources in diverse languages to be done throughout the year 	

Attachment 13

Project Impact

Impact of the New Allocation (CDBG funded FY16)

Background:

Starting in 2015, as a result of CDBG funded support, the Amherst Survival Center implemented a new allocation system in order to recalculate how food is distributed in the Food Pantry and to make it consistently 5 days (or 15 meals) per person per month. The strategy used to implement the new allocation aligns the distribution categories to the USDA “Choose My Plate” nutrition guidelines (fruits, vegetables, proteins, grains, dairy). Customer satisfaction surveys will begin to explore if there is an influence on the private shopping (and selection) habits of Pantry recipients as a result of this new allocation system. These distribution numbers also reflect increased use of prepared donated foods, recovered daily by Center volunteers from supermarkets and businesses in the area, and maximizing sourcing of no cost USDA items. USDA items are distributed by a USDA allocation formula – by household size, not by individual – and needs to comply with separate specific storage requirements. In this past year, the Amherst Survival Center Pantry Assistant has re-organized the Center’s food storage area to allow for maximum storage (albeit short term) and capacity to store USDA food. We will continue to do so, as we move towards achieving the strategic plan goal of “more food”, the USDA source cannot be ignored.

This is the second year of the new allocation, and more food continues to be distributed. This can be attributed to the small but ongoing increase in numbers of people registering for the Pantry.

Comparisons

October 2014 v October 2015

	Pounds of Food Distributed
October 2014	30,155
October 2015	35,667
October 2016	40,003 (12.1% increase)

November 2014 v November 2015

	Pounds of Food Distributed
November 2014	35,667
November 2015	48,302
November 2016	51,568 (6.7% increase)

Attachment 14

Project Impact – Continuing CDBG-funded Programs

IMPACT OF PROPOSAL	CHANGES IN TARGET POPULATION that indicate success	HOW WILL CHANGES BE MEASURED?	HOW WILL IMPACT BE TRACKED?
KIDS BOOST Increased food for school-age children in the Food Pantry during months with scheduled school vacations. Amount of distribution 8 meals/ month per student (summer) to 6 meals/ month (school year)	Decreased food insecurity for families with school-age children who rely on school-based meals benefits (free or reduced cost lunch) during school vacation periods. Increased number of new family registrations in the Pantry. Increased referrals.	<ul style="list-style-type: none"> - Surveys of participants. - Prompts for participants to complete. - Surveys of school nurses and food service representatives to describe need. - Monthly data review. - Surveys of new families. 	<ul style="list-style-type: none"> -We will document how many households and children are served by each “boost”. - We will assess whether the Boost helped to increase a family’s overall participation in the Food Pantry. -We will print specific materials and assess their distribution.
MORE FOOD Maintain food pantry distribution five days (15 meals) per Food Pantry and Senior Mobile Nutrition Program participant per month. Maximize access to USDA food from the Food Bank.	Enhanced food security for Food Pantry and Senior Mobile Nutrition Program participants by increasing the number of days they receive grocery assistance from the Pantry.	<ul style="list-style-type: none"> - Weight of distributions to document increased food provided. - Participant satisfaction surveys on the amount and quality of food received. -Monthly data review. -Track referrals to Pantry. 	<ul style="list-style-type: none"> -Customer satisfaction surveys and interviews at service visits, asking participants to identify the extent to which the food distribution provides assistance to their households.
WEEKEND HOURS Increased access to Food Pantry services through monthly weekend hours of operation.	Increased capacity to receive and benefit from Food Pantry services.	<ul style="list-style-type: none"> - Tracking numbers of people using service. - Distribution of specialized brochures and printed materials for community outreach. 	<ul style="list-style-type: none"> - Participant interviews to: identify perception and capacity to use Food Pantry with and without weekend hours, and assess how weekend hours affects families’ food security.

IMPACT OF PROPOSAL	CHANGES IN TARGET POPULATION that indicate success	HOW WILL CHANGES BE MEASURED?	HOW WILL IMPACT BE TRACKED?
FRESH PRODUCE IN WINTER/SPRING Amherst Survival Center will continue to directly purchase fresh produce for December-May in order to increase access to fresh produce during months when farm donations are absent.	Food Pantry and SMNP households will consistently receive fresh produce during the whole year, regardless of local farming community's ability to donate to the Center.	- Food Pantry will track supply of purchased foods on a monthly basis.	- Food Pantry will track fresh produce available as a result of direct purchase and link directly to monthly distribution data.
STAFFING Continue part-time Pantry Assistant position to support management, creation, and organization of food inventory.	-Expanded and organized storage to support the increased allocation. - Enhanced food security for Food Pantry and Senior Mobile Nutrition Program participants by increasing the amount of food assistance they receive from the Pantry and ensuring adequate food inventory.	- Weight of distributions to document increased food provided. - Monthly inventory review. -Monthly Pantry data review. - Ensure food quantities needed to meet distribution needs.	-Flow of food will be monitored. - Inventory systems in place. - Food Bank invoices will be tracked.

Attachment 14a

Project Impact: Outcomes and Measurements

IMPACT	DIRECT OUTCOMES	INDIRECT OUTCOMES	QUANTITATIVE/ QUALITATIVE MEASURES
KIDS BOOST	<ul style="list-style-type: none"> - Increased food (up to 8 meals per school-age per child per household per month) for families who rely on school-based meals program for each of their school-age (5-17 years) children during scheduled school vacations in July 2017, August 2017, December 2017, February 2018, and April 2018, June 2018. 	<ul style="list-style-type: none"> - Increased comfort accessing food pantry services during Kids Boost months by families of school-age children, and at other times of the year when in need. - Increased referrals to the Food Pantry by current participants, school personnel, health and human service providers, and medical providers. - Increased comfort accessing other services at the ASC. - Increase in number of Amherst families with school-age children registering for Food Pantry. - Increased economic security for participating households during Boost times. 	<ul style="list-style-type: none"> - Numbers of households participating. - Numbers of new households served. - New household surveys on how they heard about the Pantry. - Numbers of children served. - Amount of additional food distributed (by meals represented). - Participant surveys to learn of household willingness to refer a friend in need.
MORE FOOD	<ul style="list-style-type: none"> - Quantity of distribution will be maintained at 15 meals per person per month in Food Pantry and SMNP. 	<ul style="list-style-type: none"> - Increased food security for Pantry and SMNP households. - Increased customer satisfaction. - Increased referrals from participants to other neighbors in need. - Increased economic security for participating households. 	<ul style="list-style-type: none"> - Monthly tracking weights of distribution, comparisons with year before. - Tracking of amount of food designated for Food Pantry households. - Participant surveys on levels of food security, satisfaction, and experience with making referrals to program.
WEEKEND HOURS	<ul style="list-style-type: none"> - Continuing monthly Saturday morning hours for Food Pantry recipients. 	<ul style="list-style-type: none"> - Increased food security by participants who could not get to the Food Pantry during weekdays. - Greater comfort by Food Pantry households to use services. - Increased referrals to program. - Increased access for food donors to bring their donations to the Center on weekends. 	<ul style="list-style-type: none"> - Reporting the numbers of participants who use Saturday Food Pantry. - Documenting the increased weight of food distributed during this new slot. - Surveying participants' perception of Pantry access. - Surveying participants comfort level to make referrals to the Pantry.

IMPACT	DIRECT OUTCOMES	INDIRECT OUTCOMES	QUANTITATIVE/ QUALITATIVE MEASURES
FRESH PRODUCE IN WINTER/SPRING	Food Pantry and SMNP households will receive more fresh produce in the winter and spring months. Food Pantry will make healthy produce available all year.	- Food Pantry will track purchases of fresh produce on a monthly basis.	-Food Pantry will track fresh produce available as a result of direct purchase and link directly to monthly distribution data. -Food Pantry will document specific purchases during the grant. - Customer satisfaction surveys will include questions about availability of fresh produce.
STAFFING	Pantry Assistant to organize, manage and maintain food inventory for Food Pantry distributions.	- Food inventory will be generated, maintained and well-organized to facilitate and maintain increased allocation. -Increased storage efficiencies in the basement.	- Monitoring of food orders. - New shelving to accommodate additional food. - Increased number of community food drives to augment inventory. -Increased number of personal care item drives to supply inventory. -Track weights of food donations from food drives. -Generate and sustain increased food inventory.

Appendix 15

Health Impacts of Program

Background

The impact that good nutrition has on families' and individuals' ability to thrive is well documented. More and more research demonstrates the importance of access to nutritional foods, fresh produce, nutritional information and support on the **health and well-being of all individuals**. The ASC Food Pantry seeks to connect families with the healthy food and nutrition resources, as a way not only to reduce their food insecurity but also to maximize their health benefits.

Access to nutritious food are key factors in improving health outcomes. Low-income seniors are vulnerable to malnutrition. The impact of inferior nutrition is even more pronounced among the homeless. Studies have shown that more than one third of the people who are homeless are undernourished, a rate significantly higher than that of the general population.^{1,2} This is attributable to many factors, including lack of income to buy healthful food, disordered living conditions, and complications of substance and alcohol use. Nutritional deficits result in higher levels of anemia, gastrointestinal disorders, diabetes, malnutrition, cardiac disease, malnutrition, and hypertension.

Children

According to Feeding America, food can be particularly devastating among children due to their increased vulnerability and the potential for long-term consequences. These consequences include health, development and their educational experience.

(<http://www.feedingamerica.org/hunger-in-america/impact-of-hunger/child-hunger/child-hunger-fact-sheet.html>)

See this site for information on hunger in children who attend school in the United States:
<http://hungerinourschools.org>

The American Academy of Pediatrics (AAP) addresses the issue of food insecurity and children. They cite the following consequences as a basis for their involvement in hunger as a medical issue (<https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/Lack-of-Adequate-Food.aspx>):

- Children who live in households that are food insecure, even at the lowest levels, get sick more often, recover more slowly from illness, have poorer overall health and are hospitalized more frequently.
- Children and adolescents affected by food insecurity are more likely to be iron deficient, and preadolescent boys dealing with hunger issues have lower bone density. Early childhood malnutrition also is tied to conditions such as diabetes and cardiovascular disease later in life.
- Lack of adequate healthy food can impair a child's ability to concentrate and perform well in school and is linked to higher levels of behavioral and emotional problems from preschool through adolescence.

¹ Wiecha, Dwyer, & Dunn-Strohecker (1991) "Nutrition and health services needs among the homeless," Public Health Reports 106(4): 364-374.

² Gelberg, Stein and Neumann (1995), "Determinants of Undernutrition Among the Homeless," in Public Health Reports 110(4): 448-454.

The list of consequences of hunger in children can include (<http://www.feedingamerica.org/hunger-in-america/impact-of-hunger/child-hunger/child-development.html>):

Infancy & Development

Children growing up in food-insecure families are vulnerable to poor health and stunted development from the earliest stages of life.[i]

- Pregnant women who experience food insecurity are more likely to experience birth complications than women who are food secure.[ii]
- Inadequate access to food during pregnancy has been shown to increase the risk for low birth weight in babies.[iii]
- Food insecurity has also been linked with delayed development, poorer attachment, and learning difficulties in the first two years of life.[iv]

Health Concerns

Studies have found that food insecurity has been associated with health problems for children that may hinder their ability to function normally and participate fully in school and other activities.

- Children who are food insecure are more likely to require hospitalization.[v]
- Children who are food insecure may be at higher risk for chronic health conditions,[vi] such as anemia,[vii],[viii] and asthma.
- Children who are food insecure may have more frequent instances of oral health problems.[ix]
- Food insecurity among young children is associated with poorer physical quality of life,[x] which may prevent them from fully engaging in daily activities such as school and social interaction with peers.

Behavioral Challenges

Children who experience food insecurity may be at higher risk for behavioral issues and social difficulties.

- Food insecure children may be at greater risk of truancy and school tardiness.[xi]
- When they are in school, children who are food insecure may experience increases in an array of behavior problems including: fighting,[xii] hyperactivity, aggression,[xiii] anxiety,[xiv] mood swings, and bullying.[xv]

[i] Heinig, M.J., & Dewey, K.G. (1996). Health advantages of breastfeeding for infants: A critical review. *Nutrition Research Review*, 9, 89-110.

[ii] Laraia, B.A., Siega-Riz, A., & Gunderson, C. (2010). Gestational weight gain, and pregnancy complications. *Journal of the American Dietetic Association*, 110, 692-701.

[iii] Borders, A.E.B., Grobman, W.A., Amsden, L.B., & Holl, J.L. (2007). Chronic stress and low birth weight neonates in a low-income population of women. *Obstetrics and Gynecology*, 109, 331-338.

[iv] Zaslow, Bronte-Tinkew, Capps, Horowitz, Moore, and Weinstein (2008) Food Security During Infancy: Implications for Attachment and Mental Proficiency in Toddlerhood. *Maternal and Child Health Journal*, 13 (1), 66-80.

[v] Cook, Frank, Leveson, Neault, Heeren, Black, Berkowitz, Casey, Meyers, Cutts, and Chilton (2006) Child food insecurity increases risks posed by household food insecurity to young children's health. *Journal of Nutrition*, 136, 1073-1076.

[vi] Kirkpatrick, McIntyre, and Potestio (2010) Child hunger and long-term adverse consequences for health. *Archives of Pediatric Adolescent Medicine*, 164 (8), 754-762.

[vii] Eicher-Miller, Mason, Weaver, McCabe, and Boushey (2009) Food Insecurity is associated with iron deficiency anemia in US adolescents. *American Journal of Clinical Nutrition*, 90, 1358-1371.

- [viii] Skalicky, Meyers, Adams, Yang, Cook, and Frank (2006) Child Food Insecurity and Iron Deficiency Anemia in Low-Income Infants and Toddlers in the United States. *Maternal and Child Health Journal*, 10 (2), 177-185.
- [ix] Muirhead, Quiñonez, Figueiredo, and Locker (2009) Oral health disparities and food insecurity in working poor Canadians. *Community Dentistry and Oral Epidemiology*, 37, 294-304.
- [x] Casey, P.H., Szeto, K.L., Robbins, J.M., Stuff, J.E., Connell, C., Gossett, J.M., & Simpson, P.M. (2005). Child health-related quality of life and household food security. *Archives Pediatric and Adolescent Medicine*, 15, 51-56.
- [xi] Murphy, Wehler, Pagano, Little, Kleinman and Jellinek (1998) Relationship Between Hunger and Psychosocial Functioning in Low-Income American Children. *Journal of American Academy of Child and Adolescent Psychiatry*, 37 (2), 163-170.
- [xii] Slack and Yoo (2005) Food hardship and child behavior problems among low-income children. *Social Service Review*, 75, 511-536.
- [xiii] Whitaker, Phillips, and Orzol (2006) Food insecurity and the risks of depression and anxiety in mothers and behavior problems in their pre-school-aged children. *Pediatrics*, 118, e859-e868.
- [xiv] Slopen, N., Fitzmaurice, G., Williams, D.R., & Gilman, S.E. (2010). Poverty, food insecurity, and the behavior of childhood internalizing and externalizing disorders. *Journal of the American Academy of Child and Adolescent Psychiatry*, 49, 444-452.
- [xv] Huang (2010) Does food insecurity affect parental characteristics and child behavior? Testing mediation effects. *Social Science Review*, September, 381-401.

Volunteers

Another impact is on **ASC volunteers** who through their time and energy receive the emotional benefit of responding to their neighbors in need, and also become well-informed about the state of hunger in our community and trained on essential nutrition information, thereby building their capacity to be effective advocates for hunger relief. As a result, our community will be healthier with all of our neighbors having greater capacity to contribute their full potential.

The Food Pantry

Being food insecure is a major obstacle to self-sufficiency. Not knowing how you will feed yourself or your children is a distraction many of us are not challenged to overcome. For those neighbors who are hungry or seeking to prevent their children from being hungry, the Food Pantry provides a needed lifeline. By reducing food insecurity and enhancing a household's economic security, ASC's proposed expanded programs offer opportunities for individuals to gain self-sufficiency.

The Amherst Survival Center's Food Pantry increases access to healthy food, while its other nutrition programs (fresh food distribution, community meals) multiply that access and further close the hunger gap for many of our neighbors, promote their food and economic security, and contribute positively to the conditions that support self-sufficiency. In collaboration with other local food/health/human service programs, the ASC also works to maximize resources, prevent duplication of services, and increase access to food.

Appendix 16

Project Impact: Amherst Survival Center Collaborations, 2016

Collaboration	Desired Outcomes	Products
Amherst Regional Public Schools- Kids Boost	-community outreach -information on targeted population.	- specific flyers and brochures. - monitor participation. - sharing of information.
Amherst Senior Center – Senior Mobile Nutrition Program (SMNP)	- registrations. -outreach.	- specific written materials for targeted populations. -monitor participation. - collaborate on development and implementation of customer survey. -collaborate on program enrichments.
Amherst Human Service Network	-increased outreach and communication about programming.	- written materials for other programs to use with their clients. - written materials for other organizations to use to refer their clients to the ASC food and nutrition programs.
Amherst Food and Nutrition Network	- greater awareness and communication between organizations. - information sharing. - resource/food sharing. - development of community-wide schedule of services.	- community schedule of services. - increased cooperation between organizations to maximize resource and information sharing, prevent duplication of services.
Food Bank of Western MA	- assistance with SNAP applications, scheduled weekly hours onsite at the Amherst Survival Center. -offer nutritional samplings.	- additional SNAP applications processed and assistance provided to ASC visitors. - increased SNAP benefits to ASC visitors. -increase awareness of ways to use Food Pantry ingredients.
Health Care for the Homeless	- assistance with applying for and getting health insurance (and associated documentation), scheduled weekly hours at the Amherst Survival Center.	- additional applications processed. - more people on health insurance.
Eliot Homeless Services	- scheduled weekly case management services around housing.	- housing assistance for ASC visitors and people experiencing homelessness.

Collaboration	Desired Outcomes	Products
Community Action	- Scheduled seasonal assistance at the ASC for fuel assistance applications for ASC visitors.	- fuel assistance for ASC visitors.
Salvation Army	- scheduled weekly hours at the ASC to assist ASC visitors with emergency vouchers.	- increased access to clothing and eyeglasses for ASC visitors.
CISA SNAP & Save Program	- increased participation by ASC participants/SNAP recipients in program that double SNAP dollars when used at farmer's markets. - Pantry dissemination of program information.	- increased participation by ASC participants/SNAP recipients to use farmer's markets and increase access to fresh produce.
Hope and Comfort	- Limited source of donated personal care items for Food Pantry.	- increased access to personal care items.
Franklin Hampshire Career Center	- organization, recruitment, and publicity for Jobs Fairs.	- three Job Fairs a year with 10-12 prospective employers, reaching 35 people each fair.
Food Recovery: Produce with six local farms, Whole Foods Market Hadley, Paneras, Trader Joes, Stop and Shop, Henions Bakery, Antonios, Bread & Butter, Atkins, The Works, Glazed Donuts	- Daily source of donated food to be used in ASC's food and nutrition programs (Food Pantry distributions, meal preparation and fresh food distribution programs).	- donations of prepared foods. - donations of fresh produce (in season). - increased access to fresh produce and food.
Cooley Dickinson Medical Practices: Project HungerX	-increased screening for food insecurity in medical setting. -enhanced referral capacity to food and nutrition programs. -increased referral of patients from medical settings to ASC food and nutrition programs.	-decreased stigma around food insecurity. -increased support. - medical provider training and ASC tours. - specific educational materials for medical offices to use to prompt self-assessment. -specific materials to use to refer patients to the ASC food and nutrition programs.

Collaboration	Desired Outcomes	Products
Women, Infants and Children (WIC) Food and Nutrition Program	<ul style="list-style-type: none"> - disseminate organization specific brochure to ensure client awareness about ASC pantry eligibility and other programs. - increased WIC participation in ASC Food Pantry. 	<ul style="list-style-type: none"> - WIC-specific brochure about the ASC Food Pantry, schedule and eligibility. -Pantry Coordinator to visit WIC groups.
ASC Community Partners: Project BagShare	<ul style="list-style-type: none"> - bagmaking sessions to make reusable bags that can be used in either the Community Store or the Food Pantry. 	<ul style="list-style-type: none"> - an inventory of reusable bags to use in the Food Pantry or Community Store. -a volunteer opportunity to provide community members to engage with the Center.
ASC Community Partners: BagShare Sewers	<ul style="list-style-type: none"> - Clothing Mending workshop and sewing lessons. 	<ul style="list-style-type: none"> - increased access to clothing and skills to repair clothing.
Whole Foods Market Healthy Eating Department	<ul style="list-style-type: none"> -quarterly healthy cooking classes. 	<ul style="list-style-type: none"> -skill-building opportunities for healthy eating using Food Pantry ingredients.